

Homemade Cream of Tomato Soup²⁵

Number of Servings: 25 (308.34 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|---|
| 1/2 | cup | Margarine, soft, safflower oil |
| 1 1/3 | cup | Onion, white, fresh, chpd |
| 1/2 | cup | Flour, all purpose, white, bleached, enrich |
| 5.00 | tsp | Base, chicken, low sod, 0144, FS |
| 1/8 | tsp | Spice, pepper, black |
| 4.00 | cup | Water, tap, municipal |
| 1.00 | gal | Milk, 1%, w/add vit A & D |
| 6.00 | cup | Tomatoes, diced, w/juice, cnd |
| 1/4 | cup | Peppers, bell, green, sweet, freeze dried |
| 2.00 | lb | Carrots, fzn, slices |
| 3/4 | cup | Celery, fresh, diced |

Nutrients per serving

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (308g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 140 | Calories from Fat 50 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 320mg | 13% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 1g | 4% |
| Sugars 11g | |
| Protein 7g | |
| Vitamin A 110% • Vitamin C 20% | |
| Calcium 25% • Iron 2% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Instructions

Serving size = 1 1/4 cup = 1CS

NOTE: fresh carrots(diced) and bell pepper may be used in place of frozen/dehydrated. (3 1/2 c sliced carrots = 1# or 16 oz)

Simmer carrots and celery in water in recipe.

Melt margarine. Add onions and peppers. Saute until tender

Add flour and pepper to onions. Stir until blended.

Slowly add water and cooked carrots, stirring constantly, then add low sodium chicken base and stir until mixture thickens and chicken base is completely dissolved and combined.

Add tomatoes to soup.

Stir in HOT milk. Heat to 160F (outlying sites may want to heat milk and add to Tomato Soup just before serving to prevent curdling)

Milk may curdle slightly upon holding. DO NOT add soda as this destroys the vitamin C in the tomatoes.

HACCP

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.